

Menu 2 of 5 Date: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Omelet	Yogurt w/		
Grain/Bread	Waffles	Whole Wheat Toast	Granola	Cheerios	WW English Muffin
Fruit/Veggie	Fresh fruit berry blend(strawberries, blueberries, raspberries)	Red, Green Peppers/Salsa	Raspberries	Banana	Oranges
Milk	Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
Lunch	HM Chicken Stir Fry	HM Pepperoni Pizza	Tuna Casserole	Chicken Quesadillas	Baked Ham
Grain/Bread	Brown Rice	Pizza Crust	Egg Noodles	Flour Tortilla	Whole Wheat Roll
Meat/Meat Alt.	Chicken	Cheese/Pepperoni	Tuna	Chicken/Cheese	Ham
Fruit/Veggie #1	Broccoli/Red Peppers	Pizza Sauce	Peas/Celery	Pinto beans	Green Beans
Fruit/Veggie #2	Baked apples	Pineapple	Pears	Mango	Strawberries
Milk	Whole/1%	Whole/1%	Whole/1%	Whole/1%	Whole/1%
AM Snack					
Select 2 components	Grapes	HM french fries	Biscuit with Jelly	Pineapple	Cucumber
	Pretzels	Chili	Milk	Cottage Cheese	Bagel
PM Snack					
Select 2 components	Tuna Salad	Bean Burrito	Kiwi	English Muffin	Cheese
	Pita pocket	Apple Juice	String Cheese	blueberries	Crackers - Saltines

Whole milk will be provided for children 1-2 years of age and 1% milk will be provided for all children over the age of 2.

Water is offered with all meals.

All juices served are 100% fruit juice.

This institution is an equal opportunity provider.